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AUTHOR	Sterba, Michael; Davis, Jerry
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ABSTRACT

The goal of this book is to provide caregivers with interventions, treatment options, and treatment plans for teaching aggressive youth how to replace unhealthy, anti-social, and destructive behaviors with healthy, socially acceptable, and safe behaviors. The first part of the book defines what aggression is and introduces and discusses two different types of aggression and how to identify each one. The second part of the book contains a description and explanation of how to deal with aggressive behavior through the teaching methods developed at Boys Town and incorporated in the Boys Town Teaching Model. The third part of the book includes a discussion of treatment planning and the various treatment strategies that can be utilized to help children and adolescents reduce aggressive behaviors. Sample treatment plans from a variety of settings are presented to help caregivers see how intervention strategies can be developed for aggressive youth and used in different environments. The fourth part of the book examines the importance of creating and maintaining a safe treatment environment for children and caregivers. Finally, an appendix offers a social skills chart that can be used as a reference guide for caregivers as they teach new, prosocial skills to replace old, aggressive behaviors. This chart also shows which skills work best with specific types of aggressive behaviors. (Contains 76 references and an index.) (GCP)

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